

**Full Report (All Nutrients) 09285, Plums, canned, purple, extra heavy syrup pack, solids and liquids**

**Report Date: June 30, 2017 23:47 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

**Refuse:5% Refuse Description: Pits**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 261g
<b>Proximates</b>					
Water	g	73.00	--	--	190.53
Energy	kcal	101	--	--	264
Energy	kJ	423	--	--	1104
Protein	g	0.36	--	--	0.94
Total lipid (fat)	g	0.10	--	--	0.26
Ash	g	0.24	--	--	0.63
Carbohydrate, by difference	g	26.31	--	--	68.67
Fiber, total dietary	g	1.0	--	--	2.6
<b>Minerals</b>					
Calcium, Ca	mg	9	--	--	23
Iron, Fe	mg	0.82	--	--	2.14
Magnesium, Mg	mg	5	--	--	13
Phosphorus, P	mg	12	--	--	31
Potassium, K	mg	89	--	--	232
Sodium, Na	mg	19	--	--	50
Zinc, Zn	mg	0.07	--	--	0.18
Copper, Cu	mg	0.036	--	--	0.094
Manganese, Mn	mg	0.031	--	--	0.081
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.4	--	--	1.0
Thiamin	mg	0.016	--	--	0.042

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 261g
Riboflavin	mg	0.037	--	--	0.097
Niacin	mg	0.285	--	--	0.744
Pantothenic acid	mg	0.072	--	--	0.188
Vitamin B-6	mg	0.027	--	--	0.070
Folate, total	µg	3	--	--	8
Folic acid	µg	0	--	--	0
Folate, food	µg	3	--	--	8
Folate, DFE	µg	3	--	--	8
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	13	--	--	34
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	254	--	--	663
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.008	--	--	0.021
16:0	g	0.006	--	--	0.016
18:0	g	0.001	--	--	0.003
Fatty acids, total monounsaturated	g	0.065	--	--	0.170
16:1 undifferentiated	g	0.001	--	--	0.003
18:1 undifferentiated	g	0.064	--	--	0.167
Fatty acids, total polyunsaturated	g	0.021	--	--	0.055
18:2 undifferentiated	g	0.021	--	--	0.055
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Threonine	g	0.007	--	--	0.018
Isoleucine	g	0.007	--	--	0.018
Leucine	g	0.010	--	--	0.026
Lysine	g	0.008	--	--	0.021
Methionine	g	0.003	--	--	0.008
Cystine	g	0.002	--	--	0.005
Phenylalanine	g	0.008	--	--	0.021

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>Data points</b>	<b>Std. Error</b>	<b>1 cup, pitted 261g</b>
Tyrosine	g	0.003	--	--	0.008
Valine	g	0.009	--	--	0.023
Arginine	g	0.006	--	--	0.016
Histidine	g	0.006	--	--	0.016
Alanine	g	0.013	--	--	0.034
Aspartic acid	g	0.113	--	--	0.295
Glutamic acid	g	0.017	--	--	0.044
Glycine	g	0.005	--	--	0.013
Proline	g	0.016	--	--	0.042
Serine	g	0.009	--	--	0.023

**Other**